

SHARP®

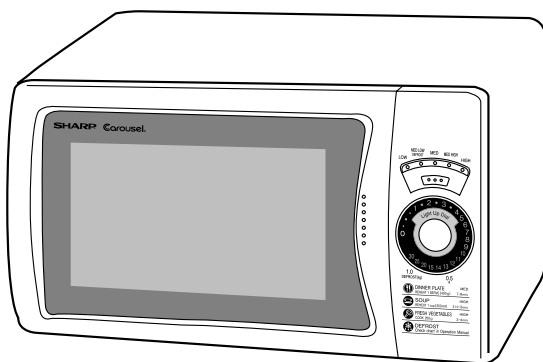
Carousel™

MICROWAVE OVEN

⓵

MODEL R-210D

OPERATION MANUAL and COOKING GUIDE



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Thank you for buying a Sharp Microwave Oven.

Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

1. OPERATION

This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

It also contains recipes for manual cooking.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes.

When selecting another home appliance, please again consider our full range of Sharp products.

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12)* months from the date of original purchase.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim.

This warranty is in addition to and in no way limits, varies or excludes any express and implied rights and remedies under any relevant legislation in the country of sale.

IMPORTANT

DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. _____

Serial No. _____

Date of Purchase _____

Retailer _____

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR

LOCAL

SHARP APPROVED SERVICE CENTRE

CALL THE

SHARP SERVICE REFERRAL CENTRE

TOLL FREE 1 300 135 022

DURING NORMAL BUSINESS HOURS

(Eastern Standard Time)

or contact our web site

www.sharp.net.au

FOR PRODUCTS PURCHASED IN

NEW ZEALAND

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER SERVICES

TELEPHONE: 09 - 634 2059

FACSIMILE: 09 - 636 0959

SHARP CORPORATION OF NEW ZEALAND LIMITED

Cnr. Mahunga Drive & Hastie Ave
Mangere AUCKLAND

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED

ABN 40 003 039 405

1 Huntingwood Drive Blacktown NSW 2148

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand.

WARNING

Read all instructions before using the appliance.

To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
- e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of explosion and sudden boiling:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. When boiling liquids in the oven, use a wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself because of hazard. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.

Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven operating.

Never tamper with or deactivate the door safety latches.

Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

- a. Before cleaning the turntable with water, leave the turntable to cool.
- b. Do not place anything hot on a cold turntable.
- c. Do not place anything cold on a hot turntable.

Do not place anything on the outer cabinet.

This appliance must be earthed.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

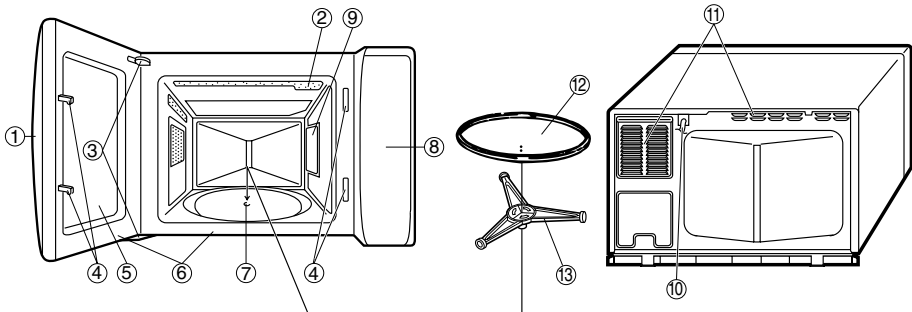
SPECIAL NOTES

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Reheat whole eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Stir liquids briskly before and after cooking for even heating. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. * For boiling or cooking liquids see WARNING on page 2. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * These foods have high sugar and/or fat contents. * Cook for the recommended time. 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

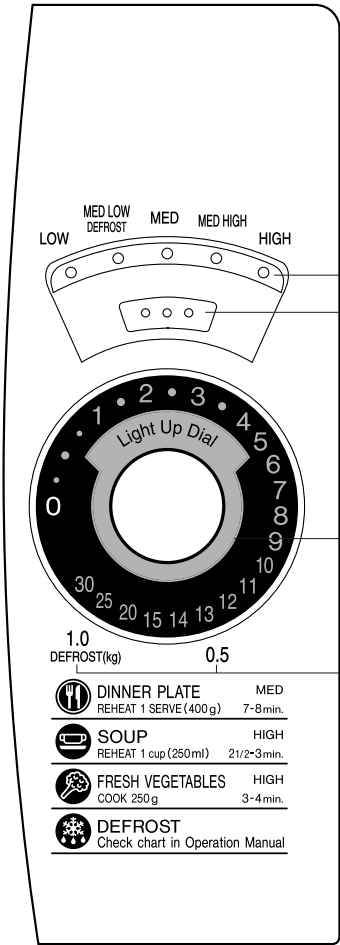
1. Remove all packing materials from the oven cavity, (do not remove the waveguide cover, item 9 below), and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a **SERVICE CENTRE APPROVED BY SHARP** and repaired, if necessary.
2. Accessories provided
 - 1) Turntable tray
 - 2) Roller stay
 - 3) Operation manual and cooking guide
3. Locate the roller stay in the centre of the oven, then fit the turntable on the roller stay. Make sure the turntable is centrally located and locked together. Refer to **OVEN DIAGRAM** below. Never operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow at least 10 cm on the top, 5 cm on the both sides and at the rear of the oven for free air space.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
The A.C. voltage must be single phase • 230-240V, 50Hz.
6. Operate the oven from a general purpose domestic outlet.
If a generator is used, do not operate the oven with **NON-SINUSOIDAL** outputs.

OVEN DIAGRAM



- | | |
|--------------------------------|-------------------------------|
| 1. Door handle | 8. Control panel (See page 5) |
| 2. Oven lamp | 9. Waveguide cover |
| 3. Door hinges | 10. Power supply cord |
| 4. Door safety latches | 11. Ventilation openings |
| 5. See through door | 12. Turntable |
| 6. Door seals sealing surfaces | 13. Roller stay |
| 7. Coupling | |

CONTROL PANEL



POWER LEVEL INDICATOR

POWER LEVEL BUTTON
There are five power levels. The approximate percentage of microwave power for each setting is:

HIGH	100%
MED HIGH (MEDIUM HIGH)	70%
MED (MEDIUM)	50%
MED LOW/DEFROST (MEDIUM LOW/DEFROST)	30%
LOW	10%

LIGHT UP DIAL (0-30 minutes)
Turn to set cooking time or weight of defrost food.
Turn left to set the demonstration mode.

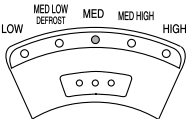
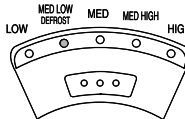

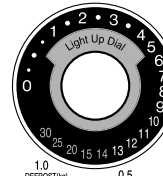
MEAT DEFROST GUIDE

OPERATION OF CONTROL PANEL

Your oven can be programmed up to 30 minutes. The cooking (defrosting) time varies from 15 seconds to 5 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table below.

When the oven is plugged in, the POWER LEVEL indicator will show HIGH. If you miss your desired level, press the POWER LEVEL button until you reach the level again.

Cooking time	Increasing unit
0-1 minute	15 seconds
1-4 minutes	30 seconds
4-15 minutes	1 minute
15-30 minutes	5 minutes

1.	<p>COOKING</p> <p>Suppose you want to cook on MED for 10 min.</p> <p>Select desired power level by pressing the POWER LEVEL button until the POWER LEVEL indicates "MED".</p> 	<p>DEFROSTING</p> <p>Suppose you want to defrost 0.5 kg meat.</p> <p>Select DEFROST setting by pressing the POWER LEVEL button until the POWER LEVEL indicates "DEFROST".</p> 
2.	<p>Set the cooking time by rotating the LIGHT UP DIAL.</p> 	<p>Rotate the LIGHT UP DIAL to the weight of the meat (0.5) as indicated on the scale.</p> 
3.	<p>The oven starts automatically. The cooking time is shown by flashing.</p> <p>The cooking time will count down to "0". When the cooking time reaches "0", an audible signal will sound and the oven will automatically turn off. If you wish to stop cooking before the end of the cooking time, turn the dial back to "0" or simply open the door. Everytime the door is opened, microwave activity stops immediately.</p>	

NOTE

- You can set the LIGHT UP DIAL while the POWER LEVEL indicator is lit. The POWER LEVEL indicator will light while the oven door is open. It will also light for 3 minutes after a preceding operation.
- Your oven is fitted with a safety feature. If the LIGHT UP DIAL remains at the "0" position for more than 3 minutes, you must open the oven door or press the POWER LEVEL button before the dial can be operated again.
- Your oven will memorize the power level of the last operation. Simply press the POWER LEVEL button and the last power level will be indicated on the control panel. If the electrical power supply to your oven should be interrupted, the memory will be erased.
- The scale of the MEAT DEFROST GUIDE is calibrated, refer to the defrosting chart on page ④ in the cooking guides.
To defrost other types of food, select the DEFROST setting and rotate the LIGHT UP DIAL to the required time.
- The oven door may be opened at any time during the cooking process.
If you wish to continue cooking, close the door.
- If you wish to change the power level or cooking time during operation, press the POWER LEVEL button or turn the LIGHT UP DIAL to the desired setting.

OTHER CONVENIENT FEATURES

Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice the dial operation.

* To set the demonstration mode.

1.	Open the door.
2.	Turn the LIGHT UP DIAL to the left until the oven beeps.
3.	Close the door. The demonstration mode is now set.

Carry out these steps within 15 seconds.

NOTE

1. During the demonstration mode, the POWER LEVEL indicator and Light Up Dial will be flashing.
2. Cooking operation can be demonstrated with no power in the oven and counted down to zero at sixty times the speed.
3. To cancel the demonstration mode:
Disconnect the oven from the power supply or carry out step 1-3 above.

CARE AND CLEANING

CLEAN THE OVEN AT REGULAR INTERVALS

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.

Control Panel:

Care should be taken in cleaning the control panel. Open the oven door before cleaning to inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

CAUTION : Take care not to move the light up dial from "0" (off) position during cleaning, or the oven will start as soon as you close the door.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons . After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.** Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.

Cook the water for two minutes on HIGH power.

- | | | |
|--|-----------|----------|
| A. Does the oven lamp light? | YES _____ | NO _____ |
| B. Does the cooling fan work?
(Put your hand over the rear ventilation openings.) | YES _____ | NO _____ |
| C. Does the turntable rotate?
(The turntable can rotate clockwise or counterclockwise. This is quite normal.) | YES _____ | NO _____ |
| D. After two minutes, did an audible signal sound? | YES _____ | NO _____ |
| E. Is the water inside the oven hot? | YES _____ | NO _____ |

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, **CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.**

NOTE: If the light up dial is flashing and the cooking time is counting down rapidly, the oven has been set to the demonstration mode, see page 7 for details.

SPECIFICATIONS

AC Line Voltage	Single phase 230–240V, 50Hz
AC Power Required	1.16 kW
Output Power	800 W* (IEC test procedure)
Microwave Frequency	2450 MHz** (Class B/Group 2)
Outside Dimensions	460mm(W) x 290mm(H) x 372mm(D)
Cavity Dimensions	314mm(W) x 228mm(H) x 329mm(D)
Oven Capacity	24 litre
Cooking Uniformity	Turntable (ø295mm tray) system
Weight	Approx. 14 kg

* When tested in accordance with AS/NZS 2895.1.1995

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

MEMO

SHARP

COOKING GUIDES



CONTENTS COOKING GUIDE

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COOKWARE
AND
UTENSIL GUIDE ③

DEFROSTING
CHART

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RECIPES

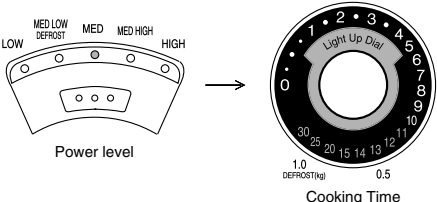
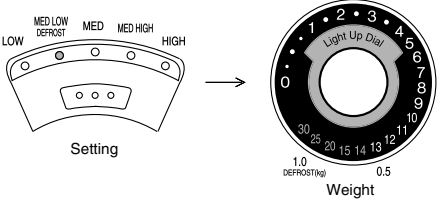
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SHARP

SHARP CORPORATION OSAKA, JAPAN

TINSEA850WRRZ – J12
Printed in Thailand

QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Variable Cooking Control	<p data-bbox="239 145 494 162">To cook for 10 min. on MED.</p> <div data-bbox="343 179 782 380"><p>The diagram illustrates the steps to cook for 10 minutes on the MED power level. On the left, a control panel shows five buttons labeled LOW, MED LOW DEFROST, MED, MED HIGH, and HIGH. The MED button is highlighted. An arrow points to a circular dial on the right. The dial has an outer ring with numbers 1 through 10 and an inner ring with numbers 1.0, 0.5, and 0. The MED button is highlighted, and the 10-minute mark is indicated on the dial.</p><p data-bbox="391 319 478 336">Power level</p><p data-bbox="646 364 758 380">Cooking Time</p></div>
Defrosting	<p data-bbox="239 397 446 414">To defrost 0.5 kg meat.</p> <div data-bbox="343 431 782 632"><p>The diagram illustrates the steps to defrost 0.5 kg of meat. On the left, a control panel shows five buttons labeled LOW, MED LOW DEFROST, MED, MED HIGH, and HIGH. The MED button is highlighted. An arrow points to a circular dial on the right. The dial has an outer ring with numbers 1 through 10 and an inner ring with numbers 1.0, 0.5, and 0. The MED button is highlighted, and the 0.5 kg mark is indicated on the dial.</p><p data-bbox="406 571 462 588">Setting</p><p data-bbox="662 610 742 627">Weight</p></div>

HELPFUL HINTS

1. THE ARRANGEMENT

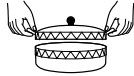
Arrange foods carefully. Place thickest areas toward outside of dish.



3. COVERING

Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating.

Use to cover foods:



LID



PLASTIC WRAP



PAPER TOWEL

5. SHIELDING

Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.



FISH



CHICKEN

7. STIRRING

Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.

Eg. Casseroles and Sauces.



9. DENSITY

The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

11. STARTING TEMPERATURE

Frozen or refrigerated food takes longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check for doneness at the minimum time.



13. CONDENSATION

Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

2. TURNING

Foods such as poultry and joints of meat should be turned over after half the cooking time.

4. PIERCING

Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



TOMATO



EGG

6. STANDING TIME

Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

8. SIZE

Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.








10. FAT AND BONE

Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

12. QUANTITY





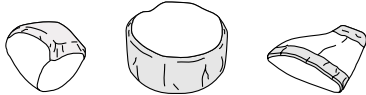
Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

COOKWARE AND UTENSIL GUIDE

Utensil	Use	Advice
GLASSWARE/CERAMIC (HEAT RESISTANT) 	YES	GLASSWARE <ul style="list-style-type: none"> • Ordinary glass is not suitable for cooking but may be used for short periods for heating foods. CERAMIC <ul style="list-style-type: none"> • Most ovenproof china, and ceramics, are suited. • Avoid dishes that are decorated with gold or silver leaf. • Avoid using antique pottery. • If unsure, check with the manufacturer.
METAL COOKWARE 	NO	<ul style="list-style-type: none"> • Metal cookware should be avoided when cooking in the microwave oven. • Microwave energy is reflected by metal.
PLASTIC WRAP/ OVEN BAGS (MICROWAVE SAFE ONLY) 	YES	<ul style="list-style-type: none"> • Plastic wrap can be used to cover food. • Some shrinkage of the wrap may occur, over an extended cooking time. • When removing wrap, lift it in such a way to avoid steam burns. • Do not tie oven bags with metal twist ties, substitute with string. • For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
ALUMINIUM FOIL 	FOR SHIELDING	<ul style="list-style-type: none"> • Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting. • Remove food in foil trays, if possible, and place in a microwave safe dish. • If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven.
STRAW AND WOOD 	NO	<ul style="list-style-type: none"> • Excessive over heating of these materials may cause a fire in the microwave oven.
PAPER 	YES	<ul style="list-style-type: none"> • Paper towels and waxed paper are suitable to use to prevent splatters. • These are suitable for use when reheating foods or for short cooking times.
PLASTIC COOKWARE MICROWAVE SAFE 	YES	<ul style="list-style-type: none"> • Ideal for cooking, reheating and defrosting. • Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
BROWNING DISH	YES	<ul style="list-style-type: none"> • Ensure that the preheating time of the dish is not exceeded. • Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.
THERMOMETERS <ul style="list-style-type: none"> • MICROWAVE SAFE • CONVENTIONAL 	YES NO	

DEFROSTING CHART

Power : MED LOW(30%)

Food	Approx. Cooking Time	Procedure
Steak Chops 	12–14min./500g	<ul style="list-style-type: none"> Shield thin end of chops or steaks with foil. Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible. Turn food over approximately half way through defrosting. Shield warm portions. After defrost time, stand covered with aluminium foil for 10–15 mins.
Poultry 	13–15min./500g	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a defrost rack. Turn food over approximately half way through defrosting. Shield warm portions. After defrost time, stand covered with aluminium foil for 15–30 mins. N.B. After standing run under cold water to remove giblets if necessary.
Minced Beef 	12–14min./500g	<ul style="list-style-type: none"> Place frozen minced beef on a defrost rack. Turn food over approximately half way through defrosting. Shield warm portions. After defrost time, stand covered with aluminium foil for 10–15 mins.
Chicken Pieces 	12–14min./500g	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken on a defrost rack. Turn food over approximately half way through defrosting. Shield warm portions. After defrost time, stand covered with aluminium foil for 10–15 mins.
Roast/ Beef Pork Lamb 	13–15min./500g 12–14min./500g	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5 cm wide. Place joint with lean side face upwards (if possible) on a defrost rack. Turn food over approximately half way through defrosting. Shield warm portions. After defrost time, stand covered with aluminium foil for 15–30 mins.

NOTE: When freezing minced beef, shape it into flat even sizes.

For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.

APPETIZERS / SOUP

SAVOURY MUSHROOMS

24 small cup mushrooms
3 slices white bread
2 rashers bacon, chopped
2 shallots, finely chopped
2 tablespoons Worcestershire sauce
1/4 cup grated cheese
1 tablespoon fresh parsley
1 tablespoon parmesan cheese

1. Remove stalks from mushrooms.
2. Process bread into fine crumbs.
3. Cook bacon between paper-towel for 2 minutes on 100%.
4. Add shallots to bacon and cook for 1 minute on 100%.
5. Mix breadcrumbs, bacon, shallots, grated cheese, worcestershire sauce and parsley until well combined.
6. Spoon mixture into mushrooms. Place 24 mushrooms directly on the turntable and cook for 5-6 minutes on 100%. Sprinkle on parmesan cheese.

Makes 24

QUICK NACHOS

200 g packet corn chips
250 g salsa flavoured dip
1/2 cup sour cream
420 g can red kidney beans
1/4 cup grated tasty cheese

1. Place corn chips in base of a flan dish.
2. Mix salsa with beans and sour cream. Pour over corn chips.
3. Sprinkle with cheese.
4. Cook for 4-5 minutes on 100%.
5. Serve immediately with guacamole.

Serves 4

CREAM OF TOMATO SOUP

1 small onion, peeled and chopped
1 rasher bacon, rind removed, and chopped
30 g butter
1 carrot, peeled and sliced
1 stick celery, chopped
2 tablespoons flour
3 large tomatoes, quartered
600 mL chicken stock
bouquet garni
salt and pepper
2 tablespoons cream
chopped parsley

1. Add onion, bacon and butter to a large casserole dish. Cover and cook for 3 minutes on 100%.
2. Stir in carrot and celery. Cover and cook a further 3 minutes on 100%.
3. Sprinkle in flour and stir. Add the quartered tomatoes, stock and bouquet garni. Cover and cook for 15-20 minutes on 100%.
4. Remove bouquet garni.
5. Place in a blender or processor and blend until smooth.
6. Return to the casserole dish, add cream, parsley and seasonings. Cover and cook for 3 minutes on 70%.
7. When serving add more cream.

Serves 4

PUMPKIN SOUP

1 kg pumpkin, peeled and chopped
2 small onions, chopped
1 cup chicken stock
1 cup cream
1 teaspoon garlic, minced
salt and pepper to taste

1. Place pumpkin, onion, garlic and stock in a large bowl.
2. Cover and cook for 20-25 minutes on 100%. Stir twice during cooking.
3. Place in a blender or processor and blend until smooth.
4. Transfer to a serving bowl and stir in cream and nutmeg. Season to taste.

Serves 4-6

SEAFOOD

CHILLI PRAWNS WITH SNOW PEAS

1 tablespoon butter
1½ kg peeled and deveined, green prawns
1 small red capsicum, cut into 2 cm strips
1 tablespoon chopped chives
1 tablespoon chilli sauce
grated rind of 1 lemon
freshly ground black pepper
100 g snow peas, topped and tailed

1. In a large bowl melt butter for 30 seconds on 100%. Add prawns, capsicum, chives, chilli sauce, lemon rind and black pepper. Mix well.
2. Cook for 13-15 minutes on 50%, stirring every 3 minutes.
3. Stir in snow peas and cook for a further 4-5 minutes on 50%.
4. Serve immediately.

Serves 4

GARLIC PRAWNS

24 green king prawns
4 tablespoons butter
3 cloves garlic, crushed
1 tablespoon chopped parsley

1. Peel and devein prawns, leaving tails intact.
2. Combine butter and garlic. Cook for 1 minute on 100%.
3. Stir in prawns.
4. Cook for 9-11 minutes on 50%, tossing every 2 minutes. Sprinkle with parsley.
5. Serve in individual dishes with garlic bread.

Serves 4

CRAB MORNAV

60 g butter
⅓ cup plain flour
½ teaspoon dry mustard
2 cups milk
1 onion, finely chopped
2 x 170 g cans crab meat, drained
2 cloves garlic, crushed
salt and pepper
½ cup finely grated cheese
2 tablespoons fried noodles

2 tablespoons tomato sauce
½ teaspoon tabasco sauce
½ teaspoon worcestershire sauce
3 tablespoons cream

1. Melt butter for 1 minute on 100%. Stir in flour and mustard. Cook a further 1 minute on 100%.
2. Gradually stir in milk. Cook for 5-7 minutes on 100%, stirring every 2 minutes.
3. Stir in onion, crab meat, garlic, tomato sauce, tabasco sauce, worcestershire sauce, cream, salt and pepper and ¼ cup cheese.
4. Place into a 2-litre serving dish. Sprinkle with fried noodles and remaining cheese.
5. Cook for 15-20 minutes on 50%.
6. Serve with fresh garden salad.

Serves 6

FISH FILLETS

4 ocean perch fillets
2 tablespoons butter
2 tablespoons lemon juice
seasonings

1. In a casserole dish, place fillets in a single layer. (Fold under tails of fish).
2. Top with lemon juice and butter.
3. Add seasonings.
4. Cover with plastic wrap or glass lid.
5. Cook for 15-17 minutes on 70%.
6. After cooking, stand covered for 3 minutes.
7. Serve with potato wedges.

Serves 4

POULTRY

CHICKEN IN A POT

4 chicken thighs
1/4 cup plain flour
2 rashers bacon, finely chopped
1 green capsicum, diced
1 onion, finely chopped
425 g can peeled tomatoes
1 tablespoon tomato paste
2 chicken stock cubes
1 tablespoon soy sauce
salt and pepper
100 g mushrooms, sliced

1. Toss chicken thighs in flour.
2. Add chicken and all other ingredients (except mushrooms) to a large casserole dish.
3. Cover and cook for 30 minutes on 70%. Stir at 10 minutes intervals.
4. Add mushrooms. Cook uncovered for a further 5-7 minutes on 70%.

Serves 2-4

CHICKEN AND MACARONI BAKE

No. 15 chicken	100 g vintage cheddar cheese
20 g butter, melted	100 g mozzarella cheese
2 cups macaroni	100 g romano cheese
3 cups hot tap water	1 tablespoon chopped parsley
1/4 cup plain flour	
300 mL sour cream	
250 mL chicken stock	

1. Melt butter for 30 seconds on 100%. Brush over Chicken.
2. Place on a roasting rack. Cook for 30 minutes on 70%, turning halfway through cooking.
3. Allow chicken to cool.
4. Place macaroni in a large bowl. Cover with hot water. Cook for 20 minutes on 100%. Stir halfway.
5. Remove flesh from chicken.
6. Mix together plain flour, sour cream and chicken stock.
7. Combine chicken, macaroni and sauce mixture. Sprinkle with cheese and cook for 15-20 minutes on 70%.
8. Sprinkle with parsley.
9. Serve immediately with a tossed salad.

Serves 4

CHICKEN WITH BACON AND LEEK SEASONING

No. 15 chicken
60 g butter, melted
1 leek, finely chopped
2 rashers bacon, chopped
1 1/2 cups breadcrumbs
1 egg yolk (beaten)
salt and pepper
20 g butter, melted, extra

1. Combine butter, leek and bacon in a bowl. Cook for 1 minute on 100%.
2. Stir in bread, egg yolk and seasonings. Mix well.
3. Fill cavity of chicken with stuffing and secure with a toothpick.
4. Brush chicken with extra melted butter.
5. Place chicken on a rack, breast-side down, cook for 20 minutes on 70%.
6. Turn over, cook a further 20 minutes on 70%.
7. Stand covered with aluminium foil for 10 minutes before serving.

Serves 4

APRICOT CHICKEN

4 chicken thighs
1 packet French onion soup
1 tablespoon plain flour
375 mL apricot nectar
300 g dried apricot halves

1. Place in a large casserole dish.
2. Toss chicken in combined French onion soup and plain flour.
3. Cook chicken for 13 minutes on 70%, cover with lid.
4. Pour over apricot nectar and apricots.
5. Cook, covered, for 13 minutes on 70%.
6. Serve hot with pasta.

Serves 4

MEAT

CRUSTY ROSEMARY LAMB

- 1/4 cup brown sugar
- 2 tablespoons seeded mustard
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh rosemary
- 1.5 kg leg lamb

1. Combine brown sugar, mustard, lemon juice and rosemary in a small bowl.
2. Place fat side down on a rack.
3. Cook for 15 minutes (medium) 20 minutes (well done) on 70%.
4. Turn over shield shank with foil to prevent overcooking. Spread combined ingredients over leg of lamb and cook for a further 15 minutes (medium) 20 minutes (well done) on 70%.
5. Allow to stand for 10 minutes, covered with foil before serving.

Serves 4-6

SHEPHERD'S PIE

- 4 large potatoes
- 2 tablespoons butter
- 2 tablespoons milk
- salt and pepper
- 500 g minced beef
- 1 onion, chopped
- 2 tablespoons gravy powder
- 420 g can minestrone soup
- 1 tablespoon Worcestershire sauce
- 1 tomato, chopped
- 2 tablespoons parsley
- 1/4 cup grated cheese

1. Peel and cut potatoes into cubes. Place into a large bowl. Add 2 tablespoons water. Cover and cook for 15-20 minutes on 100% or until tender. Drain.
2. Mash potatoes; add butter, milk, salt and pepper. Stand aside.
3. In another large bowl, combine mince and onion and cook for 10-12 minutes on 70%, stirring every 2 minutes. Drain juices from meat.
4. To mince and onion, add gravy powder, minestrone soup, Worcestershire sauce, tomato and parsley. Mix well.
5. Spoon mince mixture into a large casserole dish.
6. Spread mashed potato evenly over top of mixture. Sprinkle cheese on top.
7. Cook for 20 minutes on 70%.
8. Allow to stand for 10 minutes before serving.

Serves 4-6

MALAYSIAN CURRY

- 4 slices bacon, chopped
- 2 onions, roughly chopped
- 2 sticks celery, sliced
- 30 g butter
- 2 cloves garlic, crushed
- 1 tablespoon oil
- 1 kg blade steak, cubed
- 1/4 cup flour
- 2 teaspoons curry paste
- 1 tablespoon brown sugar
- 2 beef stock cubes
- 1-1 1/2 cups boiling water
- 1 apple, peeled and diced
- 1 tablespoon lemon juice
- 1/3 cup cream
- 1 tablespoon fresh chopped coriander
- 1 cup boiling water

1. In a 3-litre casserole dish, sauté bacon, onions, celery, butter, garlic and oil for 3-4 minutes on 100%.
2. Stir in meat, flour, curry paste, sugar, stock cubes and boiling water.
3. Cover and cook for 30 minutes on 50%. Stir and cook for a further 10 minutes on 50%.
4. Add apple and cook a further 2-3 minutes on 50%.
5. Stir in lemon juice, cream and coriander.
6. Serve hot with boiled rice.

Serves 4-6

SPRINGTIME LAMB CASSEROLE

1 packet (30 g) French onion soup	2 teaspoons parsley
1/4 cup plain flour	2 teaspoons chives
750 g lamb, cubed	
4 spring onions, quartered	
2 carrots, thinly sliced	
250 mL chicken stock	
310 g can corn kernels, drained	
2 sticks celery, finely chopped	
300 mL carton sour cream	

1. In a large casserole dish, combine French onion soup and flour.
2. Toss the lamb in flour mixture, coating thoroughly.
3. Add onions and carrots, stir in chicken stock and mix well.
4. Cover and cook for 30 minutes on 50%, stirring during cooking.
5. Add corn, celery, parsley, chives and sour cream. Mix well.
6. Cook a further 15 minutes on 50%.

Serves 4

BEEF STROGANOFF

1 kg rump steak, cut into strips	100 g mushrooms, thinly sliced
1/2 cup plain flour	150 mL sour cream
salt and pepper	
1 onion, finely chopped	
1 clove fresh garlic, chopped	
140 g tomato purée	
2 tablespoons tomato paste	
1 1/2 cups beef stock	
1/2 cup red wine	

1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left-over flour, onion, garlic, tomato purée, tomato paste, beef stock and red wine in a large casserole dish.
3. Cook, covered for 15 minutes on 50% power then stir. Re-cover, cook for a further 10 minutes, then stir. Re-cover, cook for 10 minutes.
4. Stir in mushrooms and sour cream. Cook for a further 3-5 minutes on 50%.
5. Serve with boiled rice.

Serves 6

VEGETABLES

CAULIFLOWER AU GRATIN

500 g cauliflower florets
30 g butter
2 tablespoons flour
1 cup milk
1 teaspoon mustard
1/2 cup grated cheese
paprika

1. Place cauliflower in a flan dish. Cover and cook for 6-8 minutes on 100%, until tender. Drain.
2. Melt butter in a Pyrex jug for 1 minute on 100%.
3. Stir in flour. Cook for 1 minute on 100%.
4. Gradually stir in milk and mustard. Cook for 3-4 minutes on 100%, stirring every minute.
5. Stir in cheese until melted.
6. Pour over cauliflower. Sprinkle with paprika.
7. Cook for 3-4 minutes on 100%.

Serves 4-6

SCALLOPED POTATOES

3 large potatoes (approx. 500 g), peeled and sliced thinly
1/4 cup water
1 large onion, sliced
200 g carton light sour cream
1 egg
90 g cheddar cheese, finely grated
paprika

1. Place potatoes in a round or oval shallow dish, add water, cover, and cook for 8 minutes on 100%.
2. Drain off water.
3. Arrange sliced onion over potatoes.
4. Combine sour cream and egg. Mix well and pour over potatoes. Sprinkle with cheese and a little paprika if desired.
5. Cook uncovered, 11-13 minutes on 70%.

Serves 4-6

EASY HOME-MADE RICE RISOTTO

1 onion, diced
60 g butter
4 rashers bacon, diced
(or 1 cup cooked chicken or ham)
3 chicken or beef stock cubes
2 cups boiling water
1 cup long-grain rice, washed well
1 cup assorted finely chopped vegetables,
e.g. carrots, zucchinis, mushrooms

1. Place onion, butter and bacon in large casserole dish. Cook for 3-5 minutes on 100%. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 20 minutes on 100%. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.

Serves 6-8

HONEY CARROTS

500 g carrots, sliced lengthwise
3 tablespoons honey
1 teaspoon garlic, minced
1 teaspoon sesame seeds

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 8-10 minutes on 100%.
3. Sprinkle with toasted sesame seeds.

Serves 4

MARINATED VEGETABLES

200 g carrots, sliced
200 g broccoli, cut into florets
100 g zucchinis, sliced
2 tablespoons sweet chilli sauce
1 tablespoon coriander
1 tablespoon soy sauce
1 tablespoon lemon juice
1 tablespoon sesame oil

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Combine all other ingredients into a small bowl and mix well.
3. Pour over vegetable platter.
4. Cover with a lid or plastic wrap.
5. Cook for 5-7 minutes on 100%.
6. Stand covered for 3 minutes before serving.

Serves 4

DESSERTS

CALIFORNIAN APPLE CRUNCH

800 g can pie apple
1½ cups white Wings buttercake mix
150 g hard butter, cut into thin slices
3 tablespoons brown sugar
3 tablespoons coconut
3 tablespoons crushed nuts
1 teaspoon cinnamon

1. Place pie apple in a shallow casserole dish.
2. Sprinkle evenly with dry cake mix.
3. Layer sliced butter over cake mix, covering completely.
4. Combine last 4 ingredients and sprinkle over sliced butter.
5. Cook for 12-14 minutes on 100%.
6. Serve hot or cold.

Serves 6-8

STEWED FRUIT

5 (approx 700 g) granny smith apples or pears

1. Wash and peel fruit.
2. Core and remove stone if necessary, slice thinly.
3. Place fruit in a large bowl.
4. Cover with a glass lid or plastic wrap.
5. Cook for 7 minutes on 100%.

Serves 4

CHOCOLATE SELF-SAUCING PUDDING

90 g butter melted
1 1/4 cups self-raising flour
1/2 cup caster sugar
3 tablespoons cocoa powder
3/4 cup milk
150 g dark cooking chocolate, melted
1 cup brown sugar
3 tablespoons cocoa powder, extra
2 1/2 cups boiling water

1. Combine flour, cocoa, caster sugar in a 3-litre Pyrex pudding bowl; Stir in milk chocolate and butter. Mix until smooth.
2. In a separate bowl, mix together brown sugar, extra cocoa powder and boiling water. Pour over mixture.
3. Cook for 11-13 minutes on 100%.
4. Stand 5 minutes before serving.
5. Serve hot with ice-cream.

Serves 4-6

BREAD AND BUTTER PUDDING

4 slices multigrain bread, crusts removed
butter
3 tablespoons caster sugar
1/4 cup sultanas
2 1/2 cups milk
1/2 teaspoon vanilla essence
4 eggs, lightly beaten
3 tablespoons brown sugar
1/4 teaspoon nutmeg

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla for 3-4 minutes on 100%. Gradually whisk into eggs. Cook for 3-4 minutes on 100%, stirring twice during cooking, or until thick.
4. Pour over bread mixture.
5. Sprinkle with brown sugar and nutmeg.
6. Cook for 15-20 minutes on 30%.
7. Allow to stand for 5-10 minutes before serving.

Serves 4-6

MOIST CARROT CAKE

1 cup oil
1 cup brown sugar
3 eggs
1 1/2 cups self-raising flour
1 teaspoon bicarbonate of soda
1 teaspoon cinnamon
salt
2 large carrots, grated
3/4 cup chopped walnuts

CREAM CHEESE ICING

250 g cream cheese
2 1/2 cups icing sugar
2 tablespoons lemon juice

1. Beat oil, sugar and eggs until well combined.
2. Add sifted flour, bicarbonate of soda, cinnamon and salt.
3. Fold in carrots and walnuts.
4. Pour into a 20 cm greased cake dish.
5. Cook for 12-14 minutes on 70%.
6. Stand 5 minutes before turning out.
7. Cool before icing.

ICING

1. Beat cream cheese until smooth.
2. Add icing sugar and lemon juice and beat until smooth.

BUTTERSCOTCH CARAMEL PUDDING

115 g butter
100 g dates chopped into small pieces
2 tablespoons sultanas
1/2 cup brown sugar
1 cup milk

1 1/2 cups flour
1 cup boiling water
5 tablespoons golden syrup

1. Mix 85 g butter, dates, sultanas and brown sugar. Cook for 1 minute on 100%.
2. Add flour. Stir until mixed well.
3. Gradually add milk, mix well.
4. Combine remaining butter, water and golden syrup and pour over the top.
5. Cook for 2 minutes on 100%.
6. Stand 5 minutes and serve with fresh whipped cream or ice-cream.

Serves 4-6

FRESH VEGETABLE CHART

VEGETABLE	AMOUNT	COOKING PROCEDURE	MICROWAVE TIME AT 100%
Artichokes	2 medium	Trim. Rinse well. Place onto a dinner plate. Cover with plastic wrap.	3½-5 minutes
* Asparagus	250 g	Wash and place in a freezer bag.	2-3 minutes
Beans	250 g	Cut into 4cm pieces. Cook in 1-litre casserole dish with 1 tablespoon water. Cover.	3-4 minutes
* Broccoli	500 g	Cut into uniform florets. Arrange with flower towards centre in a pie plate. Cover with plastic wrap.	6-7 minutes
Brussels sprouts	500 g	Arrange in a pie plate. Arrange with stalk towards outside. Cover with plastic wrap.	3-4 minutes
* Cabbage	250 g	Shred and cook in a 1.5-litre casserole dish with 2 tablespoons water. Cover.	3-5 minutes
* Carrots	250 g	Cut carrots into circular pieces and place into a 1-litre casserole dish with 1 tablespoon of water. Cover.	3-4 minutes
* Cauliflower	500 g	Cut into uniform florets. Arrange with flower towards centre in a pie plate with 1 tablespoon water. Cover with plastic wrap.	4-5 minutes
Chokos	500 g (2)	Peel, cut into quarters. Place in a pie plate with 1 tablespoon of water. Cover with plastic wrap.	6-7 minutes
* Corn (on cob)	2	Arrange in a pie plate with ¼ cup water. Cover with plastic wrap.	7-9 minutes
	4	Arrange in a pie plate with ⅓ cup water. Cover with plastic wrap.	14-15 minutes
Eggplant	500 g	Cut into 2cm cubes. Place in a 1-litre casserole dish with 2 tablespoons water. Cover.	4-5 minutes
* Mushrooms	500 g	Sliced or whole. Place in a 1-litre casserole dish with 2 teaspoons butter. Cover.	5-7 minutes
Peas - Green	500 g	Cook in a 1-litre casserole dish with 1 teaspoon sugar and 1 tablespoon water. Cover.	2-4 minutes
- Snow	250 g	Remove string from pod. Cook in a 1-litre casserole dish with 1 tablespoon water.	2½-3½ minutes
* Potatoes (jacket)	2 medium 4 small	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Stand wrapped in foil for 2-3 minutes.	4-6 minutes
(steamed)	2 medium 4 small	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	5-7 minutes
* Pumpkin	500 g	Peel and cut into serving-size pieces. Place in a 1-litre casserole dish. Cover.	5-7 minutes
Spinach	250 g	Wash and shred. Cook, covered, in a 1.5-litre casserole dish with 2 tablespoons water.	3-5 minutes
* Squash	250 g	Wash and place in a 1 litre casserole dish with 1 tablespoon of butter or water. Cover. Pierce whole squash with a fork.	4-5 minutes
Sweet Potato	500 g	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	5-7 minutes
Tomatoes	500 g	Cut into quarters. Place in a 1-litre casserole dish. Season and cover.	4-5 minutes
* Zucchini	250 g	Cut into uniform-size pieces. Place in a 1-litre casserole dish with 1 tablespoon water and 1 tablespoon butter. Cover.	3½-5 minutes

*Stand vegetables for 1-2 minutes before serving.

FROZEN VEGETABLE CHART

1. Cook vegetables in a flan dish. Cover with a lid or plastic wrap.
2. Allow to stand 1-2 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT 100%	SPECIAL PROCEDURES
Beans (green, cut)	250 g	5-6 minutes	
Broccoli	500 g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Brussels sprouts	500 g	7-9 minutes	
Carrots (whole)	500 g	8-9 minutes	
(sliced)	500 g	8-9 minutes	
Cauliflower	500 g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on cob)	4 pieces (500 g)	8-10 minutes	Add ½ cup water and 1 teaspoon sugar. Turn ½ way during cooking.
(kernel)	250 g	3-5 minutes	Add 3 tablespoons water and 1 teaspoon of butter.
Peas (green)	250 g	4-6 minutes	
Spinach	250 g	5-6 minutes	
Mixed Vegetables	250 g	4-5 minutes	Break apart as soon as possible.

REHEATING-FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS
Beverage 250 ml per cup (room temp.)	1 cup 2 cups	1½-2½ minutes on 100% 3½-4 minutes on 100%	Stir after reheating.
Canned food (eg. Spaghetti, Baked Beans) (room temp.)	440 g can 740 g can	9-10 minutes on 50% 10-11 minutes on 50%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway through cooking. Stir after reheating.
Canned Soup 250 ml per cup (room temp.)	1 cup 2 cups	2-2½ minutes on 100% 5-6 minutes on 100%	Place food in bowl. Cover with plastic wrap or lid. Stir after reheating.
Dinner Plate-400 g per serve (refrigerated)	1 serve	7-8 minutes on 50%	Cover plate with plastic wrap. Place directly on turntable. Stand 2 minutes. * Slice potato.
Casserole 250 g per serve (refrigerated)	1 serve 2 serves	8-9 minutes on 50% 12-15 minutes on 50%	Place in a casserole dish, cover with lid. Place directly on turntable. Stir halfway through cooking. Stand 2-3 mins.

NOTE: Room Temperature +20°C
Refrigerator Temperature +3°C